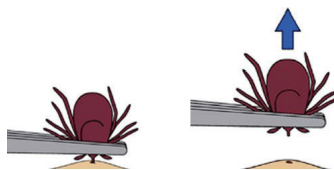


Prevention

- Use repellent that contains picaridin, IR3535, or at least 20% DEET on exposed skin and clothing. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents. Do not use permethrin on skin.
- Wear long-sleeved shirts, long pants, and high boots to keep ticks away from exposed skin.
- Avoid wooded and brushy areas with tall grass and leaf litter.
- Walk in the center of trails.
- Thoroughly inspect your entire body upon returning from tick-infested areas. If you find a tick, remove it immediately.
- Examine clothing and gear for ticks.
- Tumble dry clothes on high heat for at least 10 minutes to kill ticks on dry clothing after you come indoors.
- Inspect children at least twice daily.
- Remove tall grass and brush at the edge of lawns and mow frequently.
- Check pets for ticks daily and promptly remove ticks from pets.
- Talk with a veterinarian about using tick preventives on pets.

Protect. Check. Remove. Watch.

Tick Removal



1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Do not twist or jerk the tick, as this can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with clean tweezers.
3. After removing the tick, thoroughly clean the bite area with rubbing alcohol, an iodine scrub, or soap and water, and wash your hands.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

Do not use folklore remedies such as heat, nail polish, or petroleum jelly to make the tick detach.

Your goal is to remove the tick as quickly as possible—do not wait for it to detach!

For more information, please contact the
Division of Disease Control
at 800.472.2180
or visit www.ndhealth.gov/disease

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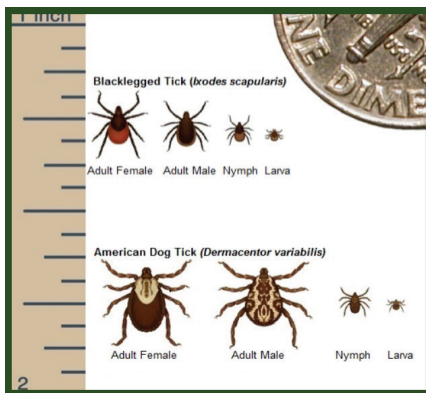


Be Tick Smart

**Protect.
Check.
Remove.
Watch.**

Facts & Tips

- As ticks feed, they can spread serious and sometimes deadly diseases.
- Ticks are most active from April until September.
- In most cases, ticks must be attached for several hours or longer for diseases to be transmitted.
- Remove a tick as soon as possible so it doesn't cause infection.
- Follow the same recommendations when removing ticks from both animals and people.
- Children should not remove ticks themselves.
- The incubation period, or time between exposure and the onset of illness, can vary from days to weeks for different tickborne diseases.
- Most tick bites do not cause illness.



Tickborne Diseases

Consult your healthcare provider if you have any of the following symptoms after a tick bite or exposure to tick-infested areas.

Anaplasmosis

Symptoms may include fever, chills, severe headache, muscle pain, cough, nausea, vomiting, diarrhea, and loss of appetite. Rarely, rash is also reported.

Symptoms can appear five to 21 days after the bite of an infected tick.

Babesiosis

Common symptoms may include fever, chills, fatigue, muscle pain, joint pain, headache, nausea, and loss of appetite.

Symptoms can appear one to five weeks after the bite of an infected tick.

Ehrlichiosis

Symptoms may include fever, headache, chills, muscle pain, confusion, loss of appetite, nausea, vomiting, red eyes, and rash. Rash is more common in children.

Symptoms can appear five to 14 days after the bite of an infected tick.



Lyme Disease

Early symptoms may include rash, fever, chills, headache, stiff neck, muscle pain, and joint pain. Later signs and symptoms may include heart problems, nervous system dysfunction, and arthritis.

Symptoms can appear three to 32 days after the bite of an infected tick.

Powassan Virus Disease

Symptoms may include fever, headache, vomiting, weakness, confusion, loss of coordination, speech difficulties, and seizures. Infections involving the central nervous system can occur.

Symptoms can appear one to four weeks after the bite of an infected tick.

Rocky Mountain Spotted Fever

Symptoms may include rash, fever, chills, headache, sensitivity to light, muscle pain, nausea, vomiting, stomach pain, loss of appetite, and diarrhea.

Symptoms appear two to 14 days after the bite of an infected tick.

Tularemia

Symptoms may include fever, chills, headache, fatigue, body aches, nausea, a lesion or ulcer at the site of the bite, and swollen lymph nodes.

Symptoms can appear one to 14 days after the bite of an infected tick.